



Lightfoot Ragdolls

ALLERGIC TO CATS?

Ragdolls are slightly less allergenic than some cats. Siberians and hairless cats are probably the least allergenic. Generally, the reason people are allergic to cats is the [secretoglobin Fel d 1](#) in their saliva.

If you are allergic to cats, but really love them, what can you do? One of my daughters is allergic to cats, but she really loves them. Luckily, she has milder symptoms, sneezy, stuffy nose a bit, and that lessens the longer she is around them. When she moved out for a few months, she was really uncomfortable when she moved back home, but the longer she was here, the less the symptoms were. She is an adult now and lives away from home and has 2 cats.

We've homed kittens with families with a member or two with allergies. So far, knock on wood, they have not had to return their buddy. One family recently was having some significant allergy issues and had gotten close to the end of their rope. I told them about Pacagen. They started using it and so far, they have been able to keep the cat. I have another daughter that is very allergic. They have been living here for a couple years. The cats don't roam around where they live in the house. Sometimes she gets a piece of clothing or towel that has gotten cat hair on it and she breaks out in hives pretty bad. She's been using Pacagen spray on the couches, beds, etc., whenever issues have arisen and it has helped a lot.

There are some cat food companies that have created food to help reduce allergens cats produce. One is Purina Pro Plan LIVECLEAR High Protein Cat Food. Cat food that is grain-free can help. Scientists are working on other things that will help reduce the Fel d1 levels. From the website, <https://www.nahf.org/article/how-to-make-cats-hypoallergenic>, this is what is in the works:

"Here's a summary of the current solutions being developed:

- **HypoCat vaccine:** binds to and neutralizes Fel d1, showing promising results in reducing allergic symptoms in humans.
- **Purina Pro Plan LiveClear cat food:** neutralizes Fel d1 through a cat's diet, with 86% of cats showing a 30% reduction in Fel d1 levels.

- **CRISPR technology:** aims to modify or remove genes that produce Fel d1, potentially producing a hypoallergenic cat.

These studies offer a glimpse of hope for cat-allergy sufferers, and it's exciting to think about the potential for a future where cat allergies are a thing of the past.”

Some people are willing to do allergy injections to desensitize themselves to cats (or other allergens). That may work, but depending on your insurance, it could be expensive and has the potential of allergic reactions.

Bathing your cat frequently may help, just keep an eye on their skin to make sure it doesn't get too dry. Vacuum frequently. Using a good quality air cleaner can help.

Any other suggestions to add to our article? Please let me know!

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Pam